## Frederick County Diabetes Coalition

DATES: NOVEMBER 1-30, 2012

PRESENTS...

Healthy meal options will be offered at all participating restaurants for people with diabetes or for anyone wishing to eat healthier.

The healthy meal options have:
550 total calories or less, at least 30 but no
more than 60 grams of carbohydrates, 18
grams of total fat or less with 5 grams of
saturated fat or less, 750 mg of sodium or
less, and 0 grams of added trans fat.

Order and enjoy.

Don't forget to tell us how you rate your healthy meal. The restaurant with the highest rated meal will be awarded a prize. Come and join the challenge!

Thank you to our partners:







Brewer's Alley Chick-fil-A\*

Firestone's Culinary Tavern

Giant Eagle 1275 W. Patrick St.\*

Giant Eagle 1305 W. 7th St.\*

La Paz

Mexicali Cantina

Sushi Densha

\*Offering healthy children's meals too!















